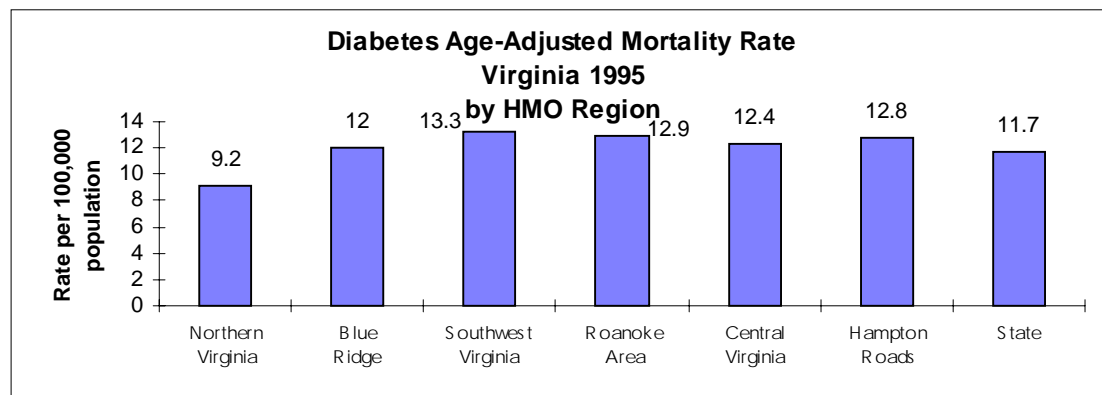
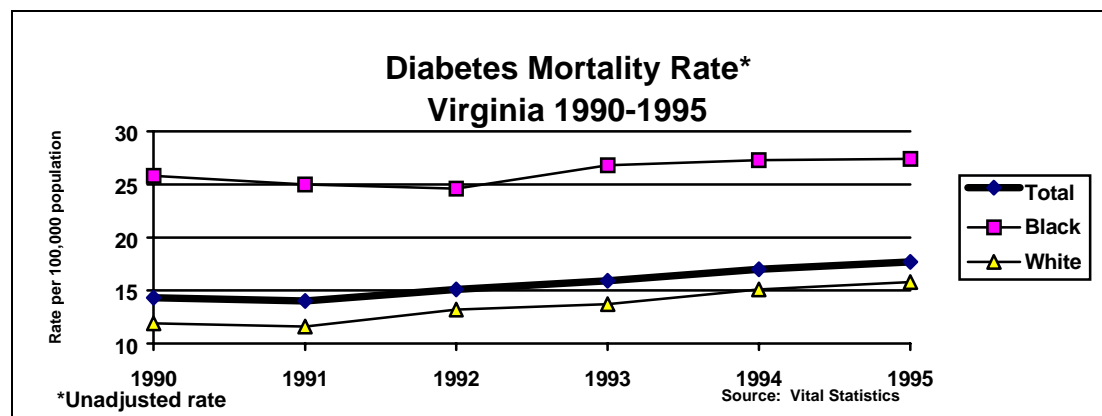


## Diabetes Deaths

**Objective:** *Reduce diabetes-related deaths to no more than 11 per 100,000 people (age-adjusted).*

Diabetes is a chronic, metabolic disease characterized by high blood glucose levels caused by a deficiency in insulin production and/or impairment of insulin action. Although diabetes affects people of all ages, the majority of those with the disease are over thirty-five years old. Over 220,000 adult Virginians are estimated to have diagnosed diabetes, with an equal number undiagnosed. A total of 1,159 residents of the Commonwealth died from diabetes as the underlying (immediate) cause in 1995. However, death is only one measure of the seriousness of this disease. It is a risk factor for cardiovascular disease and neuropathy, and the leading cause of lower extremity amputation, blindness, and end-stage renal disease. Because of the chronic nature of diabetes and the far-reaching complications associated with it, the costs to society are enormous. It is estimated that the direct costs of medical care, coupled with the indirect costs of lost productivity and premature mortality in Virginia in 1992 exceeded \$2.8 billion.



**Diabetes Mellitus Age-Adjusted Death Rates\* by  
Health District, Virginia 1995**

<b>FIRST QUARTILE</b>	Arlington	6.9	<div>Virginia 2000 Objective</div> <div>11.0 per 100,000</div> <div>Virginia Rate 1995</div> <div>11.7 per 100,000</div>
	Fairfax	7.3	
	Chesterfield	8.0	
	Three Rivers	8.6	
	Shenandoah	10.0	
	Lord Fairfax	10.4	
	New River	11.4	
	Chesapeake	11.4	
	Virginia Beach	11.6	
	Alleghany	11.6	
<b>SECOND QUARTILE</b>	Hampton	11.8	
	Hanover	11.9	
	Mount Rogers	11.9	
	Peninsula	11.9	
	Rappahannock	12.1	
	Henrico	12.5	
	Alexandria	12.9	
	Thomas Jefferson	13.0	
	Lenowisco	13.0	
<b>THIRD QUARTILE</b>	Southside	13.2	
	Pittsylvania/Danville	13.3	
	Piedmont	13.4	
	Central Virginia	13.5	
	Crater	13.7	
	West Piedmont	13.8	
	Cumberland Plateau	14.4	
	Western Tidewater	15.6	
<b>FOURTH QUARTILE</b>	Portsmouth	15.8	
	Rappahannock/Rapidan	16.3	
	Loudoun	16.4	
	Prince William	16.6	
	Norfolk	16.8	
	Richmond	17.1	
	Roanoke	19.0	
	Eastern Shore	19.7	

\* Rates per 100,000 population